

# NORRIS DAM CHALLENGE 12K

Part of the 28th Annual Tennessee State Park Running Tour

**Saturday, January 20, 2007**

**NORRIS DAM STATE PARK**, Lake City, TN. Park info 865-426-7461.

**Directions:** From Knoxville take I-75 to exit 128. Turn right onto Hwy 441 to Park entrance (3 Mi).

**Start and Finish** at the Park Office. Race starts at 11:00 A.M. Eastern Standard Time.

**Course:** 12K (7.4 miles) out and back course. Major hill at miles 5-7.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners.

**Awards:** Special awards to top male and female overall, masters (40+) and grandmasters (50+). Ten-year age groups with top 3 awards in each category from under 20 to 65+.

**Pre-registration deadline:** January 13, 2007. Race day registration from 10:00 to 11:00 AM.

**Entry Fee:** \$ 15.00 with or \$ 5.00 without shirt.  
payable to Oak Ridge Track Club.  
Race day without shirt \$ 10.00.

Mail registration to: **Norris Dam 12K**  
**107 Hollbrook Lane**  
**Oak Ridge, TN 37830**

**Race Director:** Tracy Paul (865) 220-8876. Email: tracy@paul5.com

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**Norris Dam Registration** Name \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Age (on race day) \_\_\_\_\_ Gender \_\_\_\_ T-shirt Size (circle) S M L XL No Shirt

*Entry fees are non-refundable. Awards and shirts will not be mailed.*

**Waiver of Liability.** In consideration for accepting my entry in this race, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the organizers and sponsors of this event. I also release the above named for all claims of damages demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in this event. In filling out this form, I acknowledge I have read and fully understand my own liability and ability

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent signature for runners under the age of 18)